



Sara's Pumpkin Pie

READY IN



70 min.

SERVINGS



10

CALORIES



161 kcal

DESSERT

Ingredients

- ☐ 2 eggs
- ☐ 1.7 cups evaporated milk
- ☐ 0.5 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1.5 cups pumpkin puree
- ☐ 0.5 teaspoon salt

- ☐ 1 10-inch unbaked pie crust ()
- ☐ 1 cup sugar white

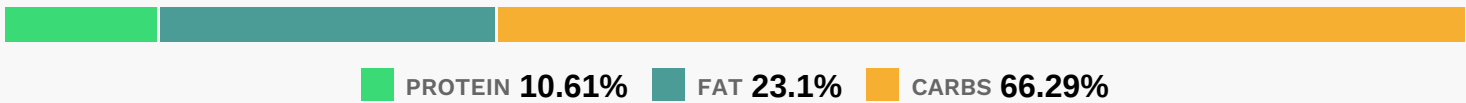
Equipment

- ☐ oven

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Combine the sugar, salt, cinnamon, nutmeg, ginger, allspice, cloves, pumpkin puree, evaporated milk and eggs; blending until smooth.
- ☐ Pour batter into the prepared unbaked pie shell.
- ☐ Bake at 425 degrees F (220 degrees C) for 15 minutes then lower oven temperature to 350 degrees F (175 degrees C). Continue to bake for about another 40 minutes or until pie is firm.

Nutrition Facts



Properties

Glycemic Index:16.01, Glycemic Load:13.99, Inflammation Score:-10, Nutrition Score:9.086521718813%

Nutrients (% of daily need)

Calories: 160.88kcal (8.04%), Fat: 4.27g (6.57%), Saturated Fat: 2.3g (14.38%), Carbohydrates: 27.56g (9.19%), Net Carbohydrates: 26.35g (9.58%), Sugar: 25.46g (28.29%), Cholesterol: 44.92mg (14.97%), Sodium: 176.14mg (7.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.82%), Vitamin A: 5868.43IU (117.37%), Calcium: 126.99mg (12.7%), Phosphorus: 116.28mg (11.63%), Vitamin B2: 0.2mg (11.61%), Manganese: 0.18mg (8.9%), Potassium: 219.79mg (6.28%), Vitamin K: 6.34µg (6.04%), Selenium: 4.01µg (5.73%), Vitamin B5: 0.55mg (5.52%), Magnesium: 20.46mg (5.11%), Fiber: 1.21g (4.85%), Iron: 0.81mg (4.49%), Vitamin E: 0.56mg (3.74%), Zinc: 0.51mg (3.42%), Folate: 12.13µg (3.03%), Vitamin B6: 0.06mg (2.91%), Vitamin C: 2.39mg (2.9%), Copper: 0.06mg (2.84%), Vitamin B12: 0.15µg (2.43%), Vitamin B1: 0.03mg (2.2%), Vitamin D: 0.22µg (1.45%), Vitamin B3: 0.24mg (1.21%)